



## JUÁREZ, MÉXICO TEAM CASAS MEAL PLAN

### Meal Plan Details

- Three meals/day
- Prepared by local Mexican workers
- Includes: water, ice, trash bags, coolers, utensils, plates, napkins, toilet paper, etc.
- Reusable water bottle and snacks not included

### Sample Menu

- Breakfast: cereal, fruit, eggs, ham, refried beans with cheese, egg & sausage burritos, bread & butter, pancakes & sausage, quesadillas with ham & beans, coffee, juice, milk (delivered to the church)
- Lunch: sandwiches (lunchmeat or PB&J), fruit, snacks, chips, water, Gatorade (delivered to the church with your breakfast items)
- Dinner: hot meal (delivered to the church). Examples: taquitos & rice, discada (fried beef & pork & bacon) tacos, chicken fajitas & salad, fried chicken & salad, horchata (sweet rice water drink), pineapple water, watermelon water, etc.

### Casas Will Provide

- Two igloo coolers
- One lunch cooler per work site
- A crate that will contain
  - Wipes (one package per work site)
  - Hand sanitizer (one per work site)
  - Trash bags
  - Three bottles of hand soap
- Toilet paper
- Paper towels

### Please Return

- Soap dispensers
- CLEAN Igloo coolers
- CLEAN Lunch coolers
- Leftover unused toilet paper
- Leftover unused paper towels
- Any leftover unused items

*We will do our best to accommodate any food allergies. Please email [scheduling@casasporcristo.org](mailto:scheduling@casasporcristo.org) to inform us of your food allergies 30 days prior to your trip.*